

May 1999

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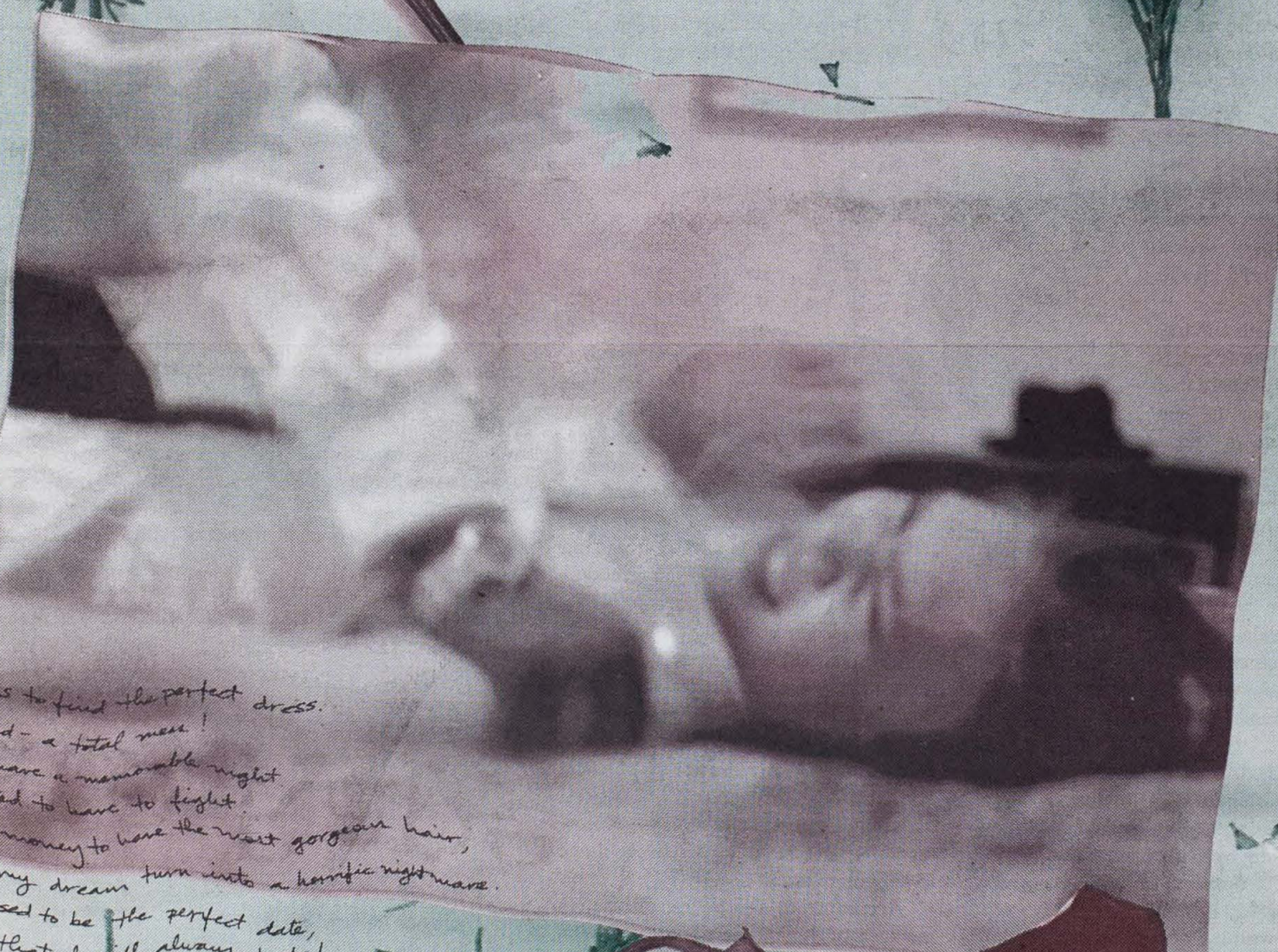
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NEW EXPRESSION

BY, FOR AND ABOUT CHICAGO YOUTH
MAY 1999 • VOLUME 22 • ISSUE 7

Date Rape Increases!

story on page four



It took months to find the perfect dress.
Now it's ruined - a total mess!
I planned to have a memorable night
I never expected to have to fight.
I spent my money to have the most gorgeous hair,
not to have my dream turn into a horrific nightmare.
It was supposed to be the perfect date,
not a night that I will always hate!
All I asked for was a corsage,
not a full body massage.
Yes I wanted a night of romance,
but not your hands down my under pants.
I wanted this night to be much more
than just to be your trashy whore.
If I knew you planned on having me on my back,
I would have told you to "hit the road jack!"
I worked hard on getting my father to respect you,
now he only wants to kill you.

Food is a problem for many teens

By Lenora Boothe, Lindblom and
Angela Ruiz, St. Scholastica

Many people take their desire to meet society's physical standards a little too far and develop eating disorders. In fact, 8 million Americans suffer from eating disorders; 7 million of them are women.

There are three main types of eating disorders: anorexia nervosa, bulimia nervosa, and binge eating disorder.

"Jane" developed an eating disorder when she was 14, self-esteem issues. She began refusing food because she saw herself as fat and unattractive. Her friends helped her battle the problem.

"My family didn't really notice because I hid it from them. My friends helped me to realize my problem and make a change," Jane said. "I lost other things beside the weight. I became too weak to play sports and I was tired all the time."

People with anorexia nervosa have a distorted body image that causes them to see themselves as overweight even when they're dangerously thin, according to Angelique Sallas, Ph.D., who counsels patients battling such illnesses.

"Often refusing to eat, exercising compulsively and developing unusual habits, such as refusing to eat in front of others, these people lose large amounts of weight and may even starve to death," Sallas said.

Individuals with bulimia nervosa eat excessive quantities of food, then purge their bodies of the food and calories they fear by using laxatives, enemas, diuretics, vomiting, and/or excessive exercising.

The warning signs of compulsive overeating are eating alone until feeling uncomfortable, eating large amounts of food when not hungry, feeling disgusted, depressed, or guilty about overeating.

"For the most part, these acts of purging are done in secrecy. These people feel disgusted and ashamed as they binge, yet they feel relieved of tension and negative emotions once their stomachs are empty again," Sallas said.

She added, "Like people with bulimia, those with binge eating disorder experience frequent episodes of out-of-control eating. The difference is that binge eaters don't purge their bodies of excess calories."

There are many factors that can contribute to the development of eating disorders. Dysfunctional families or other

intimate relationships, low self-esteem, or an intense dissatisfaction with life all contribute to the problem. Also, people with anorexia are usually perfectionists while people with bulimia are usually impulsive.

Because of the similar behavior, many teens often confuse eating disorders with quickie diets designed to help them fit into a dress. However, Sallas suggested that it might not be a problem.

"If you are starving yourself for a short period of time to get into an outfit,

then it might not develop into an eating disorder. If you are starving yourself for a long period of time and cannot stop, then that can be an eating disorder," Sallas said.

She added, "It may start like your doing it just to be thin but usually it starts from some other psychological problems that were already there. Andrea Chinnaswamy, a senior at Farragut, said many teens are addicted to magazine

and television images without realizing what many of the actors and models have to go through to get their look.

"There is no point in starving yourself. You should learn to accept people for who they are," Chinnaswamy said.

According to Dr. Patricia Santucci, who counsels people suffering with eating disorders, there are many physical ramifications of eating disorders, including dry skin, hair loss, hollow facial features and other diseases related to dehydration and obesity.

According to Dr. Sallas, alternative methods of dieting include cutting back on carbohydrates and putting more emphasis on protein. Eat fewer things made from grain such as bread or pasta. Foods that contain protein include meat, eggs, fish, chicken, beef, and milk products.

The best exercises are exercises that use large muscles. Teens don't need fancy gyms to perform these exercises. Exercises such as walking, weight training, bicycling give good results toward weight loss.

Treatments for eating disorders include outpatient therapy, hospitals (inpatient care), and an intensive outpatient program.



Art by Erik Perez

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Public schools get a makeover

By Avian Carrasquillo, Weber

Prior to this year, many Chicago Public Schools students could have easily learned the laws of gravity by watching paint chips fall from old ceilings. Now, they can learn scientific laws in state of the art labs, thanks to a \$1.7 billion capital improvement plan.

Over the last two years, there has been a major thrust by the Chicago School Reform Board to reduce overcrowding, improve the physical condition for each facility and enrich the learning environment. Under the capital improvement program, every high school will be equipped with at least one state-of-the-art science lab and some entirely new schools are being constructed through the funding as well.

CPS officials say 8 new science labs have already been completed at 6 high schools: Lakeview, Von Steuben, Best Practice, Jones Magnet, Whitney

Young, and Kenwood. Another 17 science labs are under construction. Additionally, 15 schools are scheduled for completion by the end of summer.

In 1996, the capital improvement program began. According to CPS' Chief Operating Officer, Tim Martin, buildings were falling down and rooms were closed.

"We were in building court, there were about a 100 - 150 schools with no capital budget and no plan to get out of it," Martin said. "It sounds desperate and it was, on the capital side and the academic side."

CPS officials began hacking and cutting waste, figuring out where money was and wasn't. They looked at the condition of the schools, and it took them about six months to find some money and figure out what was going on.

The first \$6 million came out of the Board, the rest came from the city, state and federal government funding sources.

"We are about \$3.7 billion in need, and that need would not bring all the schools up to the year 2000," Martin said. "It would bring schools up to about the standard, but by no means does it bring us to

where we would like to see ourselves, that's a lot more money. We couldn't even guess how much."

As the improvements continue, students have mixed reviews on the current state of the Chicago Public Schools.

"I think the funding is being handled pretty good, but they could do a little better. If I had to give them a grade, I'd give them a C+," said Kimberly Frierson, a freshman at Lane Tech.

Rosabelle Adorable, of Lane Tech, also sees room for improvement.

"The Chicago Public Schools need to improve in the type of control and security it has, both inside and outside of the school. I would give them a B+, because even though they do a good job, there are always some things that can improve if they put more effort into it."



The capital improvement plan is designed to repair problems like this ceiling at South Side College Prep.

Students overwhelmed by homework

By Charles Scott, South Side College Prep

Sixty-five percent of Chicago public high school students say they get too much homework.

According to a **NE** survey of 350 students, 95 percent said teachers take homework too seriously, and it should be greatly reduced.

"I spend up to 7 hours a day doing homework, and sometimes I still don't complete it," said Teavena Hatch, a junior at Whitney Young. "I lack the time to study because I am too busy doing written homework. I don't have that much time to watch TV or listen to the radio because these teachers give us so much to do."

Fifty percent of students cited a lack of study time because they are too busy trying to complete homework assignments.

The Chicago School Reform Board mandates that homework be regularly assigned to students. In fact, the board has released a series of homework guides: "A Guide to Homework Success, 1, 2, and 3." The guide suggests that teachers should assign homework every day, along the following guidelines: Freshman, 120 minutes; sophomores, 130 minutes; juniors, 140 minutes; and seniors, 150 minutes.

A majority of the students surveyed spent a least 2-3 hours doing homework daily. But nearly 40 percent of students surveyed by **NE** last month spent over 4 hours daily doing homework.

"Homework may be good for you,

but many students feel it's not needed," said Kelly Goodman, a junior at Hyde Park.

Although 75 percent of students surveyed feel homework is necessary, 60 percent say studying for tests is more important.

take home as much homework as possible," Lightford said. At 28-years-old, Lightford is the youngest member of the general assembly and is a member of the senate's education committee. However, students like Cecil Alciaraz, a senior at Wells, suggested that Lightford may be out of touch with today's high school students. She suggested that teachers become more creative in their classroom instruction to eliminate homework assignments.

"Homework is not necessary. As long as you know what the teachers are teaching, and you are learning something in class, then why do you need homework?", Alciaraz asked.

Never-the-less, educators aren't anywhere near cutting out homework from the curriculum. In fact, more help is offered to students through the numerous homework hotlines set up through schools and local libraries.

During a recent Chicago Sun-Times article, it was pointed out that homework was taking excessive amounts of time of students and parents. "The students are dazed and the parents are stressed," the article pointed out.

State lawmakers like State Senator Kimberly Lightford (D-Maywood) support teachers who assign homework. Lightford maintains students should work on homework for at least two hours every day.

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NEW EXPRESSION Homework Survey Results

Last month, 350 Chicago Public School students were surveyed regarding their feelings on homework. Here is a summary of the results.

- 60 percent said studying for a test or quiz is important.
- A majority of the students spend at least 2-3 hours doing homework
- 75 percent of the students study on a regular basis
- 50 percent of students complain they don't have enough time to study because of homework.
- 65 percent of students spend more than four hours watching TV or listening to the radio after school.

Art by Joaquin Ochoa



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Date rape increases during prom season

By Dar'Keith Lofton, Foreman

As the excitement of prom season approaches, so does fear, as the issue of date rape becomes more prominent.

Rape victim advocates say people between the ages of 16-24 are more likely to be sexually assaulted. This is largely due to the sexual experimentation that many high school and college students are drawn to. Often the rapes are preceded by heavy use of alcohol or date rape drugs. These instances increase during the prom season.

"More people are expectant of sex on prom night," said Coya Paz, a volunteer coordinator for the Chicago Crisis Center. "Males, in particular, are willing to do whatever it takes to have sex on prom night, whether the female refuses or not."

At least 80 percent of rapes that occur in the United States involve the victim being attacked by a person that they know. In the Chicagoland area, there are about 15,000 sexual attacks that take place yearly. At least 87 percent of these cases are never reported to police, according to law enforcement officials.

"Most teens don't report it because they feel that they will get in trouble with their parents," said Robin Tillotson, Program Director of the YWCA rape counseling services. "For instance, if a girl is supposed to be at a friend's (house), but she really went to a party and was raped, she would not want anyone to know."

Latoya Nathaniel, a junior at Foreman, said many girls don't report rapes because of fear of being hurt again by the attacker. Other teens said embarrassment is another factor leading to the lack of reported incidents, because they don't want the incident to spread around the school.

Sexual assault also happens among boys, but rape victim advocates suggest that these attacks are often unreported

because of the fear of embarrassment also.

Being raped by an acquaintance has a variety of physical and emotional side effects on a person, depending upon the relationship the victim and attacker had. These reactions can include fear, insecurity, paranoia and a host of other problems, rape victim counselors said.

"It is not a good idea to become involved in a situation in which you are alone with someone that you do not know very well," said Linda Woods, Special Project Coordinator from the Coalition Against Sexual Assault.

Advocates for rape victims agree there is no sure way to prevent date rape from occurring, but they suggest the following: pay attention to the person's reputation and stay away from compromising situations.

"If that person is known for being aggressive or having a number of sexual encounters, it would be best to stay away from that person," said Vickie Sydes, the coordinator of the Chicago Crisis Center, which counsels rape victims.

"There is no method that will exactly guarantee the avoidance of rape," Sydes said. "However, there are

ways that a person could be more careful."

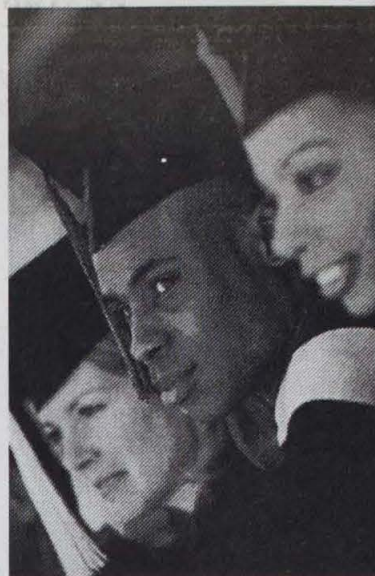
Brandi Jackson, a senior at Washington, suggested that people take every pre-caution.

"A girl should get to know a person better before going with them anywhere. That is what I always do whenever I am at a special event," Jackson said.

Victim advocates said that dates should always take extra money with them for any emergencies, such as transportation and phone calls. If possible, purchase or borrow a cellular phone. They also suggest taking pictures of the date, in case he/she has to be identified.



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NEW EXPRESSION'S 1999 Readership Survey

Please take a moment to complete this readership survey and return it (No later than June 7, 1999), to
New Expression Readership Survey
 600 S. Michigan Avenue
 Chicago, IL 60605

• What you enjoy reading

What type of publications do you read outside of school work?

1. Daily Newspaper (mark with "x")

Times read per week	1-2	3-5	6-7
Chicago Sun-Times	___(1)	___(2)	___(3)
Chicago Tribune	___(4)	___(5)	___(6)
Daily Southtown	___(7)	___(8)	___(9)
The Chicago Defender	___(10)	___(11)	___(12)

2. Weekly Newspaper

The Reader	___(13)	___(14)	___(15)
New City	___(16)	___(17)	___(18)
Exit!	___(19)	___(20)	___(21)
La Raza	___(22)	___(23)	___(24)
Logan Square Ex.	___(25)	___(26)	___(27)

3. Magazine

Read at least once a month

(28) Details	(35) Right On	(42) Y.S.B.
(29) Ebony	(36) Rolling Stone	(43) Other _____
(30) Ebony Man	(37) Sassy	
(31) Elle	(38) Seventeen	
(32) Esquire	(39) Spin	
(33) Essence	(40) Spy	
(34) Glamour	(41) Young Miss	

4. Weekly Magazine

Read at least once a week

(44) Newsweek	(45) People	(46) Time	(47) Sports Illustrated
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5. Comic Book

Read at least once a month

(48) Marvel (Spiderman, X-men, Punisher...)
(49) D.C. (Batman, Superman, Justice League)
(50) Independent (Heavy Metal, Dark Horse, Viz, Eclipse, WaRP...)

•What you think of NEW EXPRESSION?

The staff of NEW EXPRESSION wants to create a paper you enjoy reading and seeing.

Tell us how we're doing and how we can make NEW EXPRESSION better.

1. Do you like the overall design of NEW EXPRESSION?

(51) Yes (52) No

2. Where do you usually obtain a copy of NEW EXPRESSION?

(53) From teacher (54) Pick-up point (55) Designated location (56) Other student

3. Please rate your enjoyment and the quality of the following:

1-Very good 2-Good 3-Poor 4-No opinion (Please circle one number for each)

	ENJOYMENT				QUALITY			
a) CD/Book Reviews	1	2	3	4 (57)	1	2	3	4 (58)
b) Health/Sexuality	1	2	3	4 (59)	1	2	3	4 (60)
c) NE Tech	1	2	3	4 (61)	1	2	3	4 (62)
d) Opinions	1	2	3	4 (63)	1	2	3	4 (64)
e) Cover Stories	1	2	3	4 (65)	1	2	3	4 (66)
f) Features	1	2	3	4 (67)	1	2	3	4 (68)
g) Know Your Rights	1	2	3	4 (69)	1	2	3	4 (70)
h) Letters to the Editor	1	2	3	4 (71)	1	2	3	4 (72)
i) Education	1	2	3	4 (73)	1	2	3	4 (74)
j) Sports	1	2	3	4 (75)	1	2	3	4 (76)

4. Is there something you would like to see in NEW EXPRESSION that is currently not in the paper?

_____(77-79) _____(80-82) _____(83-85)

•Your Plans for the Future

1. What are your plans after high school?

(86) Find a job (87) Go to junior college (88) Attend a four-year college
 (89) Join Military (90) Undecided (91) Other _____

2. If you plan to attend a four-year school, what type?

(92) Public in Chicago area
 (93) Private in Chicago area
 (94) Public outside Chicago, but in IL
 (95) Private outside Chicago, but in IL
 (96) Out of state

•Entertainment

1. What are the call letters (example WABC) of your favorite radio station? W _____ (97-99)

2. What are your favorite weekday prime-time (7pm-10pm) TV programs?

_____(100-102)
 _____(103-105)
 _____(106-108)

And weekend prime-time TV programs? _____(109-111) _____(112-114)
 _____(115-117)

3. In an average month, how often do you go to the movies? _____(118-120)

•How You Spend Your Money

1. Do you have a part-time job? (121) Yes (122) No

2. How many hours a week do you work? (123-125) _____

3. How much do you earn in an average month from your part-time job? (Check one)(126)

___\$0 ___\$1-49 ___\$50-99 ___\$100-149 ___\$150-199 ___\$200-299 ___\$300-399 ___\$400-over

4. Do you earn money from doing odd jobs for your family or someone you know? If yes, how much do you earn in a month?(check one)(127)

___\$0 ___\$1-10 ___\$11-19 ___\$20-29 ___\$30-39 ___\$40-49 ___\$50-59 ___\$60-over

5. If you receive spending money from your parent(s) or guardian, how much do you receive in a month? (check one)(128)

___None ___\$1-25 ___\$26-49 ___\$50-99 ___\$100-149 ___\$150-199 ___\$200-over

6. Combining all sources of income, (job, allowance) how much money do you earn in an average month? (check one)(129)

___\$0 ___\$1-99 ___\$100-199 ___\$200-299 ___\$300-399 ___\$400-over

7. What are your other source(s) of income? _____(130) _____(131)

8. How many cans of soda do you buy during an average school day? _____(132-133)

9. List the brands of soft drink you like in order of preference?

_____(134-136) _____(137-139) _____(140-142) _____(143-145)

10. Think about the last time you bought these products; how much did you spend?

(146-149)\$ _____ Athletic apparel (150-153)\$ _____ Athletic shoes

(154-157)\$ _____ Hair/facial products (158-161)\$ _____ Chips/Candy

(162-165)\$ _____ Fast food (166-169)\$ _____ CD's, tapes

(170-173)\$ _____ Concerts

11. Do you grocery shop for your family? (174) Yes (175) No

12. What snack foods do you buy at school? _____(176) _____(177)

13. Is there a VCR in the household where you live? (178) Yes (179) No

14. Is there a CD player in the household where you live? (180) Yes (181) No

15. Does your household have cable? (182) Yes (183) No

16. Does your household have a computer? (184) Yes (185) No

17. Do you have Internet access at home? (186) Yes (187) No

18. How many days a week do you spend on-line? (188) 1-3 days

(189) 4-5 days (190) 6-7days

•Who are you?

Name: _____ Grade: _____(191)

Address: _____

City: _____ Zip: _____(192)

Phone: (193-199)(_____) _____

Age: (200-201) (Circle one) 13 14 15 16 17 18 19 _____ other

Race/Nationality:(202-203) _____ Sex:(204) M F

School:(205) _____

If you speak a language other than English at home, what language is it?

(206-209) _____

What is your preferred language to read at home? _____(210)

Can we provide your name and address to companies offering products and services for teens?

(211) Yes (212) No

NE CD Reviews

"Mighty Healthy"

From the forthcoming CD, Supreme Clientele I
 Artist: Ghostface Killah
 By D'Sheadra Benford, Hyde Park

Once again the Wu-Tang clan delivers another hit from clansman Ghostface Killah. "Mighty Healthy," the hot single off the up and coming Supreme Clientele record, blends hip-hop flavor, rap and strong lyrics perfectly.

"Mighty Healthy" touches on everything from New York Yankees all-star, Derek Jeter, to birth control. With sampling from legends such as James Brown and Biz Markie, Ghostface brings a new twist on old favorites.

Supreme Clientele marks the first

record from Razor Sharp/Epic Records, a partnership between The Divine Prince Rakeem (a.k.a RZA) and music powerhouse Epic Records.

Of course, this Wu-Tang veteran couldn't fully bring in the noise without laying down the tradition of Kung-Fu movies and chess in his song.

If the track "Mighty Healthy" is just a taste of what's in store on Supreme Clientele, then I can't wait until August 1999 for the official release.

Tical 2000: Judgement Day
 Def Jam

Artist: Method Man
 By Laila McCloud, Lincoln Park

Tical 2000: Judgement Day has 18 songs, but, unfortunately, less than half are enough to make you want to push the repeat button to hear them again.

There are at least ten skits imitating everyone from Donald Trump to Janet Jackson that should have been cut from the CD and left on the recording studio floor.

However, there are some tracks worth listening to as well. "Retro Godfather" takes the old-school route with a Motown-esque beat and Method Man singing the hook.



"Spazzola," featuring artists like Streetlife, Raekwon, Masta Killa, Killer Sin and Inspectah Deck provides listeners with a sing-a-long chorus, "It ain't nuttin' like hip-hop music/you like it because you choose it/most DJ's won't refuse it/a lot of sucka MC's misuse it/don't think that Wu can't lose it/too much to gain to abuse it"

"Break Ups to Make Ups" is a beautifully crafted song, featuring D'Angelo. Once again, Method Man proves he is the king when it comes to ghetto love songs.

NE Book Reviews

"Summer Jobs For Youth 1999"

Peterson's publishing company
 376 pages, \$16.95, paperback
 Reviewed By Danielle McDonald, Hyde Park

This summer many students will compete for jobs to fill their summer schedule. Peterson's has produced its 48th edition of "Summer Jobs for Students" to make this task a little easier.

"Summer Jobs for Students 1999" provides more than 55,000 positions available to students during the summer, listing jobs by state. The majority of employment opportunities range from adventure jobs at resorts, parks, and camps to office positions.

Many of the available jobs don't require any experience, which is a real benefit to teens whose primary focus is going to school. For the jobs that do require skills or experience, most are covered in school and are minimal requirements. Knowing first aid, clerical skills, or previous training as a life-guard covers many of the requirements needed.

For first time job seekers, the book offers practical advice for first time job seekers: start before school dismisses for the summer break. To help students prepare for jobs, the book contains samples resumes and cover letters. It also offers internship advice for students who want to volunteer over the summer.

The major down point about the book is that not many opportunities are in Chicago. Most of them are downstate where the students have better access to those jobs than city-dwellers. While most of the job opportunities listed in this publication require travel, some of the opportunities prove that the results are worth the hassle.

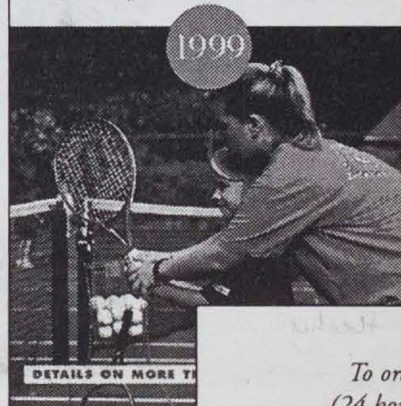
For students that plan to attend college outside of Illinois, it may be easier to seek employment in these corporations.

Other publications on summer jobs include: "The Independent Teen-Ager : 350 Summer Jobs for High School Students" and "Summer opportunities in marine and environmental science."

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Lessons Girls Should Learn About Guys

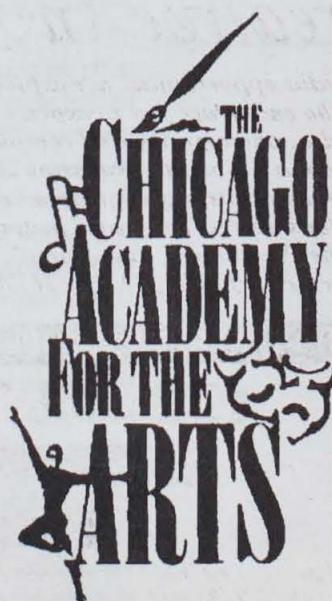
By Kim Austin, Perspectives
 and William Kaffie, Lincoln Park

In the past three issues of NE, there have been articles suggesting what guys need to know about girls. Well, it's time for the guys to respond. The following list contains opinions from guys and girls on what females need to know about guys.

- Brush your teeth
- Shave (armpits, mustache, etc.)
- Stop teasing people
- Stop fighting with boys
- Stop competing with boys so much
- Stop being so stuck-up
- Stay in your place
- Stop shaving your eyebrows
- Stop acting conceited
- Learn how to cook and clean
- Learn how to drive
- Learn how to approach and talk to a boy
- Stop trying to spend his money
- Smell nice around him.

- Get a job and support yourself
- It's 1999, holla' if you want to be real.
- Check yourself
- Don't whore around
- Respect yourself
- Try to look good for him
- Bail him out of trouble
- Don't smile too much if your grille is bogus
- Don't act harder than your boyfriend
- Stay in shape in some kind of way
- Don't expect him to be your baby's daddy
- Don't trip if your boyfriend wants to kick it with his boys
- Watch some of your so-called girls, because they may be watching him
- Don't trip over ever little thing somebody says about him

There will be more in the June issue of NE.



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Looks aren't everything when it comes to a prom date

By Charles Scott, South Side College Prep

Looks aren't as important as cleanliness when it comes to choosing a prom date, according to a recent **New Expression** survey.

Over 150 prom-bound high school juniors and seniors were surveyed in April on what they were looking for in a prom date. Respondents ranked cleanliness, looks, promptness, wealth and popularity as the top five characteristics to look for in a prom date.

"The date has to be clean, nice-looking and a girl who is looking for a good time," said Edwardo Soto, a senior at Weber.

The survey also asked teens which celebrity they would bring to the prom, if it were possible. Most boys took the Hollywood glamour actresses, selecting Jennifer Lopez, Jennifer Love Hewitt, Demi Moore and Sandra Bullock at the top of their lists. Carmen Electra and Brittany Spears were also on the highly recommended

date list. Surprisingly, Halle Berry, who has been called the one of the most beautiful women in the world by People magazine, was not on the list.

Among the females, the choices varied from Michael Jordan to Michael

recording and rap artists, while Moore is highly publicized actor and model. Tupac was shot to death nearly three years ago, but is still desired by the females in this survey. Mike Tyson, Will Smith, Dennis Rodman and Maxwell were also favorites.

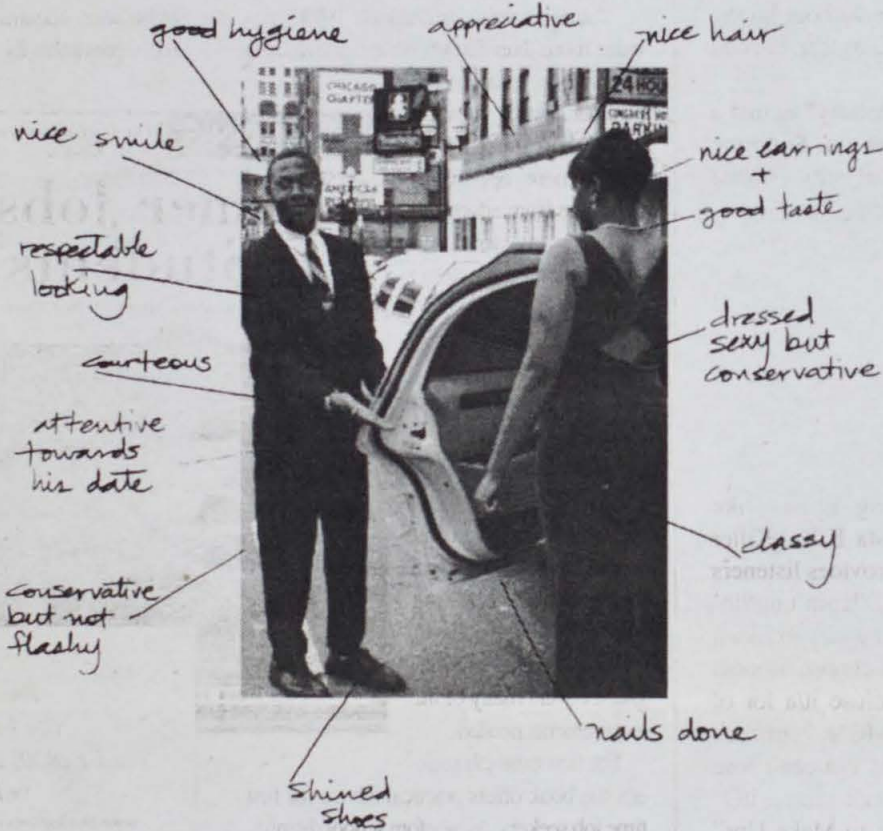
As they sort through their prom options, personality plays a major role for students, like Yama Patel, a senior at Lane Tech.

"I'm looking for someone who is smart, funny, and cute. However, without a good personality, the rest is a waste," Patel said.

Adelina Rodriguez, another Lane senior, said her date must be someone she feels comfortable with.

"I have to be at ease with the person, and he can't be afraid to spend a little money," Rodriguez said.

The survey also found that 60 percent of the respondents would let their family or friends influence their prom date decision.



Jackson. Four male heartthrobs rank number one with the girls. They include Usher, Shemar Moore, Silk the Shocker and Tupac. Usher and Silk are popular

Prom night without sex

By Charles Lewis, Perspectives

Prom night is a very special time for high school students. It's the last time many seniors get together before graduation. Teens get dressed up and spend large amounts of money on clothes and transportation. However, far too many look forward to prom night because it has become equal to a night of sex.

Traditionally, it has not been a night of sex, but one of parties and fun. According to Pageantry Magazine, proms are mainly a product of this century, with their start around the late 1920's.

In the beginning, proms were less expensive but still fun. Teens wore church attire, at home or at the prom and drove in their parent's car. Today, teens wear formal wear, eat a little at the prom, ride in rented limousines and plan for breakfast afterwards.

According to the magazine, the proms of the past had their share of romance, but the sexual aspects were not as prominent because "teachers played a greater role in monitoring the activity," and many fathers chaperoned their daughters to the event or picked them up later.

But of course, things tend to change in life.

Here are some suggestions to help those who want to have a great time but avoid the sexual thang:

Groups--Many students find prom more exciting and fun when they are in groups. Couples can meet at someone's house and then go to the prom in several cars. They can sit at the same table and have fun.

After prom breakfast--Go to an after dance party and then breakfast. It can be a little boring to go home after the prom, but a group going over to someone's house could be fun. Make sure this is cleared with your and their parents, first.

Teen night--Many "adult" clubs sponsor special teen nights around prom season. They won't serve alcohol, but you can still feel like an adult in that atmosphere.

Boat/Horse ride--Since your parents are probably going to give you some extra cash, use it wisely. Midnight boat rides are romantic and fun, so look into this as well. Carriage rides are very popular along Michigan Avenue. There is steep competition for them, so make sure you plan your night ahead of time.

All-night movies--Some theaters stay open later during prom season to take advantage of the many teens that are out. Call around and find out which ones are open.

If you are one of the many teens who can't go to prom without having sex, make sure you are informed and protected.

Photo and Art by Colleen vander Nat and Crisul Gracia

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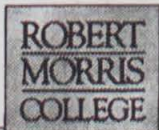
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MAY 21

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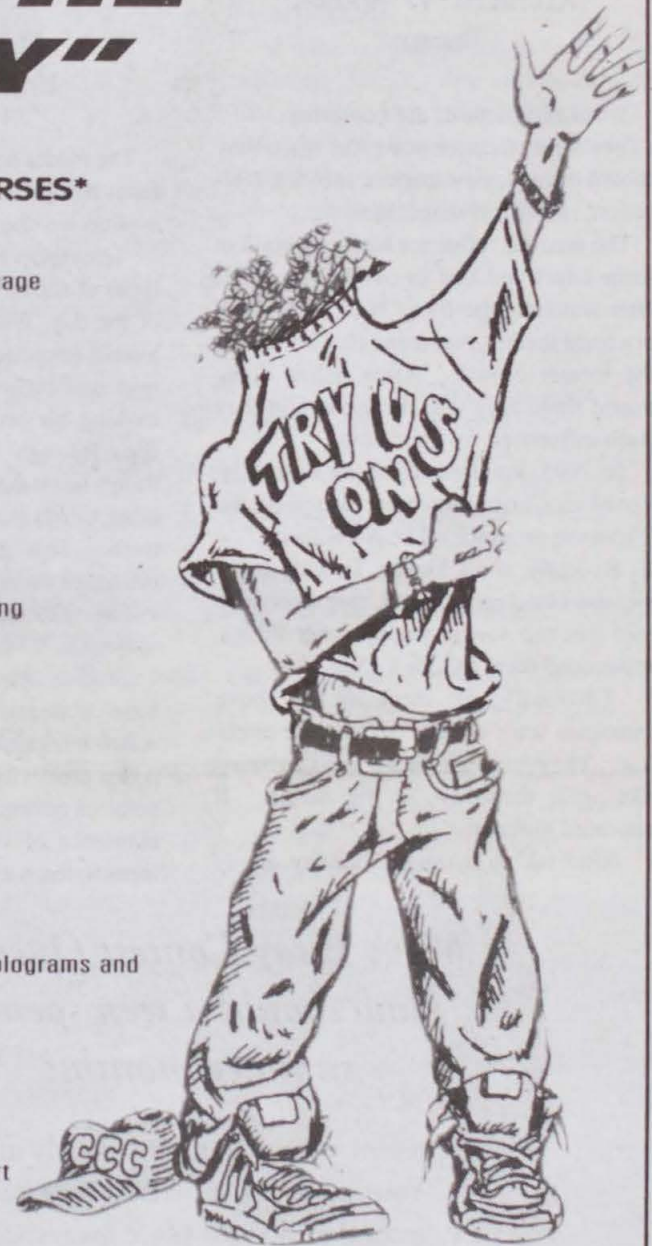
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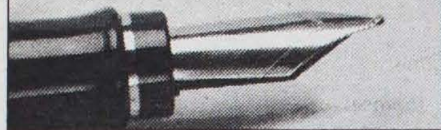


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How much influence does the media have on how teens behave?



1st Place

Richard V. House,
Bogan

Word and pictures are powerful.

They are even more powerful when they shown through newspapers, movies, television, radio, and magazines.

The media's influence has been good in some cases and bad in others. In 1991, after watching the film, "New Jack City" at a local theater, two teens shot bullets on the theater crowd. When police questioned them they said the teens said they were influenced by the media.

In 1995, hundreds of teens were converted to Christianity after watching the television program, "The Awakening."

Recently, the Chicago Tribune interviewed two female gang members who said that rap songs, among other things, influenced them to join a gang.

Obviously, the teens in the above examples were searching for some direction. They were influenced and behaved like what they saw in the media. It appealed to them.

After taking a random survey at my

school, I discovered there are very few teens whose behavior isn't influenced by the media.

This is why it is best for a teen to have a dream and pursue it. Teens should not allow the media to create the dream for them. If teens stay focused, then they will not have an idle mind that can be easily influenced.

2nd Place

Sanjay Shah,
Whitney Young

The media has a great influence on how teens behave. Of all forms of media, television has the most impact.

Television has the ability to bring all types of shows into our homes at any time of the day. When a teen is bored, he/she almost unconsciously turns on the television and browses through the channels; looking for programming. As the teens flips through channels, there are some things he or she will see as beneficial, and other things that could be damaging with trash. This gives TV the potential to influence them.

The influence of television on teens can vary.

Studies show that television often can have a negative impact on teens that watch it regularly. Television can also cut down creativity and inhibit the development of necessary social skills. The pre-eminence of violence on TV can cause teens to learn aggression as a way to solve

their problems.

However, television should not be thought of as some kind of evil object for entertainment.

At its best, television can inspire, educate, and motivate. Its ability to bring pictures and sounds into your living room is among its greatest assets.

Teens can learn about people and places that they have never been to. They can explore various aspects of life, which may not be accessible to them.

It seems that to contact the negative influences of television we must be conscious of two things: what we watch and how much we watch it.

If we control these things, television can be a magical form of media for all of us.

If we sit mindlessly in front of a television for hours at a time, we must be aware of the negative consequences of this massive form of media.

3rd Place

Nicole Granaki,
Lane Tech

Being a teenager is difficult.

It is full of trying to find a place to belong.

While searching for this, you are influenced by your parents, friends, teachers, and most of all, the media.

There are many people that try to convince themselves that the media has no affect on the way they are. If a person looks closely, they will become aware

that the media greatly affects the way we live.

Today, there are many magazines that are targeted toward teens.

Magazines such as "YM" and "Teen" tell young women how to fix their hair, what clothes to wear, and how to interact with the opposite sex.

Sports magazines set standards for teenage boys. They influence what brand of shoes and clothes that they wear.

Television also has a major influence over teenagers. Young minds searching for their own identity might find it by copying the ways of actors and athletes that they look up to.

Since television is so visual, it is easy to see why teens would want to look like the famous people that they see living a glamorous life.

Music is also a powerful media that affects teens. Singers, musicians, and groups always have the way for new fashion trends. Lyrics in songs can affect the way that teens talk, creating new slang words, which is exemplified in the TLC song, "No Scrubs."

Everywhere that we look there are many influences. Because teens are so vulnerable, they are very receptive, and this allows the media to affect them in many ways.



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The first, second and third place essays will be reprinted in the June edition of **NEW EXPRESSION**, and the winners will receive \$75, \$50, and \$25, respectively.

Also, the teacher of the student with the first place entry wins \$25.

Rules: Must be under 20-years-old to win.

All entries must be submitted with a typed cover sheet that includes your:

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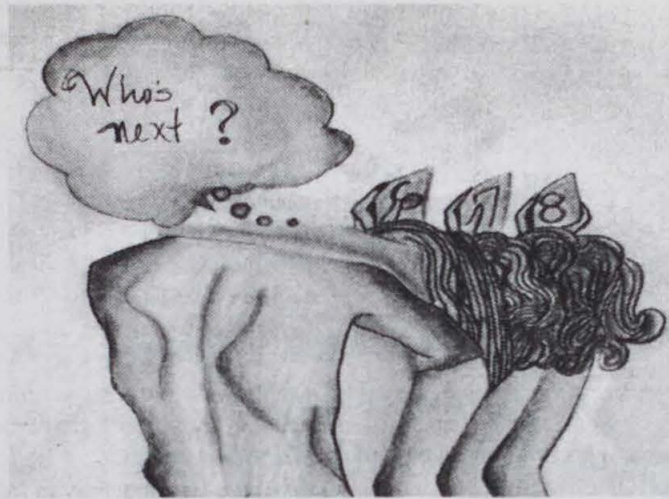
Stop Hating! It's Not Cool

By Bessie Alcantara, St. Scholastica

There is a term going around teen circles that can be used to describe people from all walks of life. The term is a hater.

A hater is a person who dislikes another person for no reason or because of jealousy. Hating is very common among teenagers. It's an everyday thing to deal with haters while at school, work, or just hanging out with some friends. Although this is such a big issue, nobody claims to hate on anybody.

The guy that gets all the girls is called a lame and the prettiest girl is called a slut. The same people who make these



Art by Crisol Gracia

types of comments are the ones who claim to be innocent, and non-participants.

Everyone is guilty of hating at one time

or another. People need to think about why they do it.

Is it because they are so insecure of

themselves that they need to bring someone else down?

If so, then what can a person do to stop and behave like a mature adult?

"I deal with haters everywhere I go. It's so annoying," Felicia Phinisee, a junior at Sullivan.

It's not cool for a person to talk about someone that they don't know or to give that person dirty looks. Noone likes walking into a room and having everyone stare at them with dislike in their eyes and saying bad things about them.

Uncovering a gold digger

By Rajnesh Ali,
Yisrael Academy



Art by Erik Perez

There are many females who lack respect for guys.

The only guys they seem to respect are those who have money and cars. There is a name for these females: gold diggers.

A female gold digger can be easily found. These are females who don't care if a guy has a nice personality. If he can't buy a girl any new shoes or can't give her money, she won't even stop to say "hello" to him.

It is a shame that most females can only view a guy as a dollar sign and not a person.

Gold diggers go to shopping malls without money, but they come out of the mall with shopping bags filled with stuff that some guy, they just met bought for them.

Money isn't the only thing that female gold diggers use guys for.

A gold digger will sometimes date a guy only because he has book smarts and can help her pass her classes.

Sure, this is not the case for all females out there. And to them, "much love to you."

However, as for those who have made a career of misusing guys, they should consider the fact that it does not matter if a guy has material value.

His personality will always be his best possession and that will never go out of style. By the way, what goes around comes around.

Applying for college at the last minute

By Tanya Fahrenbach, Lane Tech

Let's say you didn't heed to the advice given to you about applying for college early. Now, you find yourself too late to apply for out-of-state schools, but you still want to attend a college or university. What do you do? Try a local school.

Many teens talk about going to Harvard, Yale and other Ivy League-type schools. However, because they often miss application and other deadlines, they end up having to wait until the next semester or next year to go.

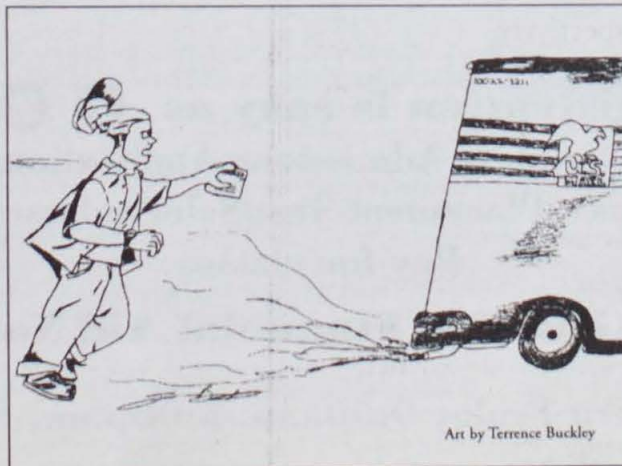
Jenny Theil, 18, wanted to attend the college of her choice. But because she waited too long, she now can't.

I wanted to go to the University of Illinois (Champaign-Urbana) but I didn't turn the application in on time, so I was forced to spend a semester at home. Forced? Is that the way we should view attending a state or city institution?

There are several good last colleges

and universities in IL that last minutes applicants can try to get into. For the most part, all that students need to have are high school transcripts, ACT test scores, and proof of residency.

The City Colleges of Chicago have seven campuses: Harold Washington, Harry S. Truman, Kennedy-King, Malcolm X, Olive-Harvey, Richard J. Daley and Wilbur Wright. All of these schools offer two-year associates degrees,



Art by Terrence Buckley

which could be applied toward a four-year program.

Chicago State University is traditionally known as a university for teachers. The state-

funded school was once called Chicago Teachers College and many would-be teachers still attend the campus for that reason. However, Chicago State has an array of other four-year majors as well.

The application deadline is rolling which is perfect for last minute students.

East-West University is another local school that offers a four-year program with a rolling application deadline. The downtown campus only offers about 20 majors, but it's small enrollment (under 500) could be attractive for students who fear they may become a statistic at a larger university.

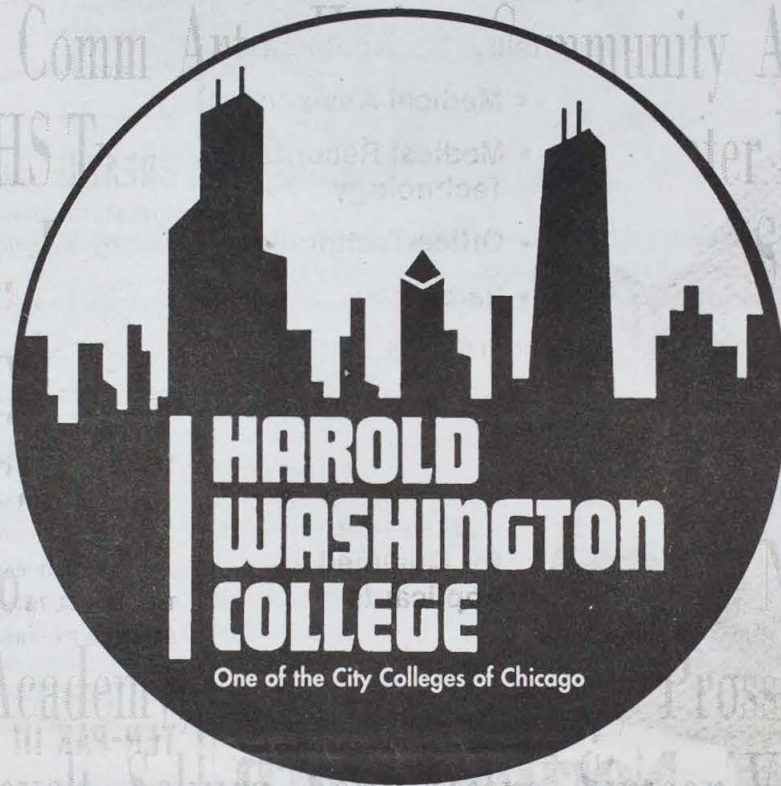
Roosevelt University also has a downtown campus with a wide variety of majors to choose from. The school has a convenient enrollment program that offers early, deferred and mid-year application options.

Columbia College is a privately-funded school that offers majors in all fields of communication and mass media. In addition, it is known for its fine arts and design programs. Many of the instructors are or have worked in the field they teach. Admission is open all year.

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These YCA free Tuesday night events are especially, but not exclusively, for youth, teens, and teachers. We encourage teachers to bring groups of students to listen and to share their work at the open mic.



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Admission at door.

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Syphon Filter™

By Brandon McGruder, Whitney Young

Syphon Filter (SF), the critically-acclaimed government espionage game from 989 Studios, is here!

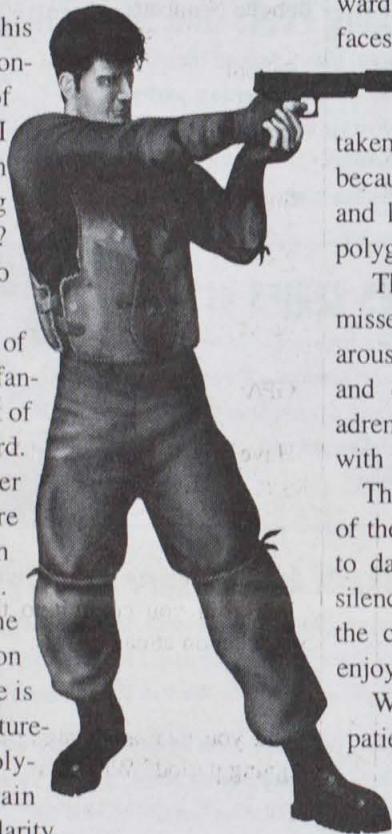
Perhaps it was because I believed the exaggerated hype about this game, but I found out the hard way that SF isn't the greatest game on earth, as it was promoted to be.

However, this game is a wonderful piece of work. Do I sound like I'm contradicting myself? Allow me to explain.

The look of this game is fantastic, for lack of a better word. The character graphics are amazing, even up close. When the zoom lens on the sniper rifle is used, the texture-mapped polygons maintain their crystal clarity.

The environments are also composed of texture-mapped polygons and are a valuable attribute to creating a very believable atmosphere.

One downside to the in-game graph-



ics is the fact that the uniform that is worn by the main character, Gabe Logan, is plain and very unimaginative.

Players will notice that the computer graphics are awful! The characters' postures are so straight, that half of the time it looks like they are leaning backward. Their hair never moves, their faces are way too small for their rectangular heads, and it is obvious that not enough time was taken to smooth out the overall look, because various objects (such as arms and legs) are still noticeably made of polygons.

The music is something not to be missed, however. It's combination of arousing symphony, techno, alternative and classical rock, delivers such an adrenaline rush while not interfering with your concentration.

The sounds of the weapons are some of the best to be heard in video games to date. The stealthy whistle of the silenced 9mm and the rippling blast of the combat shotgun only add to the enjoyment of the missions.

With its shoot-em'-up action and patience-bashing challenge, the best gamers will put time and effort into beating this game.

Despite the overly exaggerated advertising and a few horrible elements, this is one to buy. Overall, this game is definitely worthy of joining the crowd occupied by such legends as Metal Gear Solid and Goldeneye.

Playstation 2 unveiled

By Nick Sutner, Whitney Young

While it isn't set to hit stores until the fall of 2000, the new Sony PlayStation 2 is already causing a big commotion.

In a long-awaited announcement, Sony Computer Entertainment of America (SCEA) revealed the details of its next system, the PlayStation 2. Boasting a new graphics synthesizer rendering processor, a new 128-bit emotion engine, backward compatibility, a DVD-ROM form and very advanced 3-D sound, the PlayStation 2 is something to start saving for now.

The new graphics synthesizer will be perhaps the biggest step in the PlayStation 2's technology. It produces incredibly rich graphics and

complex physical simulations in real-time. For example, characters' hair and clothing can be affected by a passing wind, and would react realistically. It also simulates how the characters and objects think, act and behave.

The current leading PC graphics accelerator's processing engine runs at a 128-bit data bus, while the graphics synthesizer runs at an insanely fast 2,560-bit bus, 20 times faster than the PC! On top of that, while the current PlayStation can only render up to 360,000 polygons per second, the Playstation 2 can reach up to 75,000,000 polygons per second. The Playstation 2 also uses the DVD-ROM format, allowing for huge stor-

Laura's Happy Adventure

By Laila McCloud, Lincoln Park

If you are looking for the perfect gift for your little sister, Laura's Happy Adventure is it. This game has great graphics and an easy plot that will keep her interested.

In the magical world of Playmobil, Laura meets a talking diamond that guides her through her adventures.

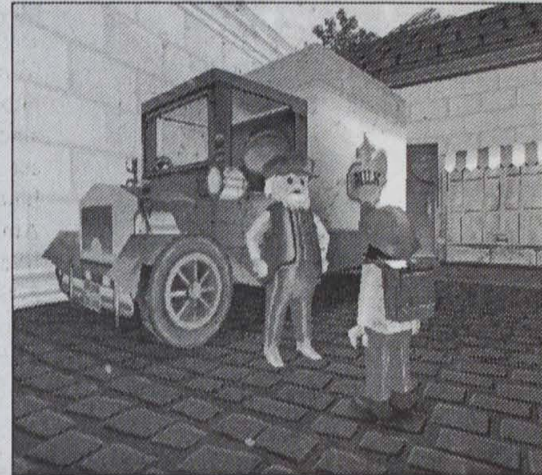
Whenever Laura performs a new task, such as picking up an object or climbing up a ladder, the diamond will appear out of her backpack and tell her what to do. The many

characters are the source of Laura's travels. Everyone from Laura's mother to Carmen, the shopkeeper, asks Laura to do a favor. By doing these favors the sides on the diamond will light up, indicating progress to the ultimate goal.

The graphics are good and the pictures are sharp. It works best with a Pentium II 250 processor or faster. On the down side, Laura moves too slowly and the scenes will take a while to load up. Another down side is the talking diamond, whose voice is frightening at times. Other wise this game is great.

This game can be played with either a keyboard or joystick. Since the keyboard is fully customizable, it makes the control as easy as the player makes it.

Laura's Happy Adventure is quite entertaining no matter how old you are. It does a good job of teaching children the importance of helping others.



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age capabilities and, of course, fantastic image quality.

Another big difference is in the sound department. Using advanced 3D sound techniques, we can expect a quality of sound that could surpass even current video and music CD's.

The brand new Emotion Engine (EE) is another addition to the PlayStation 2's artillery. Co-developed with Toshiba the EE is a 128-bit computer processing unit (CPU) that can process information at the fastest speeds possible.

Perhaps the most exciting and most useful feature of the PlayStation 2 is the addition of backward compatibility. This is made possible because of the unit's I/O Processor, which is a machine that allows people to play current Playstation titles on the Playstation 2! This will save gamers

a lot of money, because Playstation fans won't have to buy a whole new library of games right away.

The Playstation 2 will also use a special interface, which will allow for a host of connections including VCR's, set top boxes, digital cameras, printers, joysticks, computers, mice, and a lot more in the future.

The current Playstation is still collecting massive sales even after nearly five years, and designers are still making games they never thought possible for the system. The creation of the second generation PlayStation system should be a milestone for anyone who has ever picked up a controller, or even seen a TV screen. Sorry Sega. No chance Nintendo. But Sony looks like it's going to stay the king of video games well into the 21st century.

School mascots: good luck, bad names

By D'Sheadra Dot Benford, Hyde Park

What would happen if schools were named the Near North Niggers or the Crane Crackers? How would that make you feel? How many groups, such as the NAACP or the National Association for the Advancement of White People, would storm the mayor's office claiming that racial slurs should not be accepted in schools or anywhere else? Rallies, marches, and walk outs would occur, because Caucasians, African Americans, and people of Latin American decent all have support groups



that can be called in at anytime of need.

Sadly, the Native American community has been slowly tortured without any remorse from the general public. Ever since Columbus set foot on this land, Native Americans have lived through 500 years of relocation, war, disrespect, and racism. They've survived all of

what the founding fathers of this nation brought on them only to have their pride taken away from them in the form of stereotypical mascots.

The Hyde Park and Lane Tech Indians, and the Westinghouse Warriors each are public schools are using the derogatory term "Indian" as a symbol for a mascot. The HP cheerleaders even have a cheer in which they imitate a Native American war cry while prancing around on one foot making a mockery of scared rituals. The fighting Illini of University of Illinois Urbana mascot, Chief Illiniwek, does the traditional "I Got the Trots" half time show during basketball and football games. I had the "honor" to witness one of these shows and was pained to see my fellow humans cheer at such a display of European introduced negative stereotypes.

The Wisconsin Indian Education Association (WIEA) has declared their own war on such discriminatory stereotypes by promoting new laws, such as Assembly Bill 384, is being presented to legislators. This bill will specifically prohibit the use of any "Indian" mascot or logo in Wisconsin public schools.

During the dawn of the 21st Century, we must realize that change must happen and such ignorance should not be tolerated for the human race to grow in a more positive direction.

Page Design by Joaquin Ochoa

Senior Sports Survey

Calling all senior athletes, no matter how big or small. If you think you got game I dare you to fill out this survey and prove to Chicagoland that "you the man or woman." This might be your last chance to see your name in print. Don't be the only one left out in the cold. Return all surveys to Sports Section, **NEW EXPRESSION** Newspaper, 600 South Michigan Ave., Chicago, IL 60605-1996 by May 5, 1999.

Name:

Phone Number:

School:

College Committed To:

Sport(s) Played:

Age:

Sport Signed For:

GPA:

Have you been recruited by any colleges or universities? (if yes, list them)

Why did you commit to the school you plan on attending?

Did you take advantage of the early signing period? Why or Why not?

In what ways does your college or university choice fulfill your academic needs or goals? Explain?

What do you expect out of the college's athletic program?

After your years of eligibility, what are your future plans?

If you sustained an injury that would destroy all chances of playing sports, what would you do as an alternative?

What role did outside influences play on your decision to attend this school?

What advice do you have for underclassmen?

What does your training entail? How often do you practice with and without your team?

South Shore's Consuella Moore on the fast track

By Corey Miggins, Kennedy-King College

Prep track star Consuella Moore has to race against two different opponents at all times. She has to beat the opposition on the field and in the school.

Many sportswriters hail Moore, a 17-year-old senior at South Shore, as one of the best sprint runners in the state. However, she does earn a share of critics who have called her "bigheaded."

"Students and other girls who run track are going to say it regardless," Moore replied. "But when I hear coaches and teachers saying that I'm bigheaded or I'm walking on water or that I don't have to do anything, that hurts me a lot."

Meanwhile, Moore said that she is cool with most of her fellow competitors on the track. She then added, "I will go and I converse (with them), I try not to be so uptight."

Moore has been setting records in the state since her freshman year, particularly in the 100 and 200-meter races. She is a three-time Public South section champion, two-time Public League champion, and currently holds the 200-meter record at the Mount Prospect (IL) Invitational, a record she has held for the last three years.

The road to the state finals last year was unnerving for Moore because she was one of the favorites to win the 100 and 200. "I came downstate with the best 100-meter time and the third best 200-meter time and that just told me that I had a little extra edge. It was an attention builder (when you get downstate) and people just said 'you have to win and you have to do this,'" stated Moore. Unfortunately, she had

taken all the pressure at state and became "too focused." Moore's trip to the state finals ended without a state championship.

However, she has a different plan for this year's meet, "I'm going to treat it (the state finals) like another track meet and you have to just tune people out," said Moore.

In preparing before every track meet, Moore usually does weight training two days before and runs block or relaxes the day before. She eats a lot of pasta the night before each meet.

"I eat pasta (and other healthy foods) because they are real energy boosters for



South Shore's Consuella Moore has to compete against opponents on and off the track.

me," Moore said.

Moore tried to play basketball before enrolling in South Shore and played one game for the girls' team before switching to track.

"I knew that basketball wasn't me because I had found what I wanted to do in track. In basketball, it's good to be a team, but in track, you still get that individual attention," Moore stated.

While her accomplishments in track have been significant, Moore stands out even better academically, being ranked 4th in her senior class with a 3.4 grade point average, and is very active in school. She is a member of the National Honor Society, the yearbook committee, a student aide and the Local School Council representative at South Shore.

In addition, she has signed a letter of intent to attend Penn State University in the fall, where she hopes to do a double major in Political Science and Psychology.

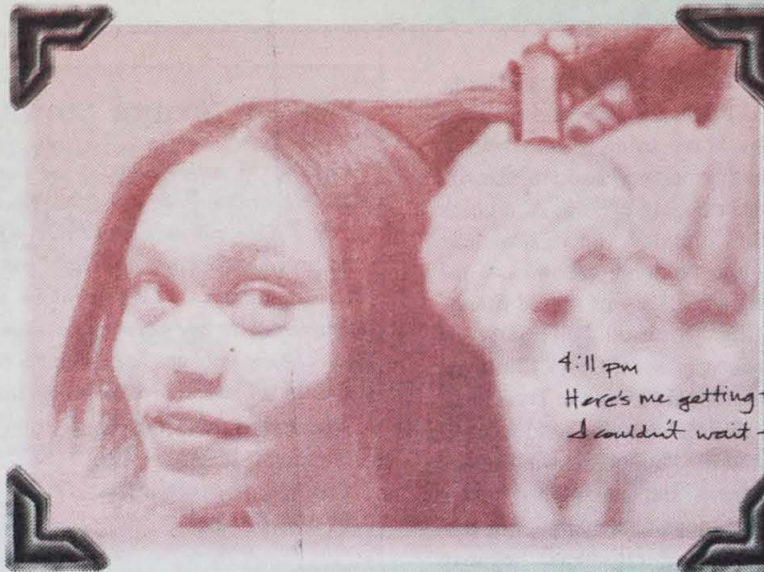
Moore also stresses that "academics are a must for her" in order to stay eligible to run.

"It's like a chain reaction. If I don't come to school, I don't get my work done. If I don't get my work done, I don't pass my classes. If I don't pass my classes, I don't run track. If I don't run track, I don't go to school. If I don't go to school, I don't get my education. If I don't get my education, I don't make any money. It's just like that," Moore replied.

Moore has been a part-time model with the Royce Glamour show on cable access TV, dances occasionally and loves to hang out.

"Track is coming straight from the heart, but I must have my fun too," Moore added.

Her plans for the future include getting her J.D., becoming a lawyer and qualifying for the 2000 Summer Olympics. Through all the criticism and praise, Moore still keeps her head held high.



4:11 pm
Here's me getting my hair done
I couldn't wait till prom.



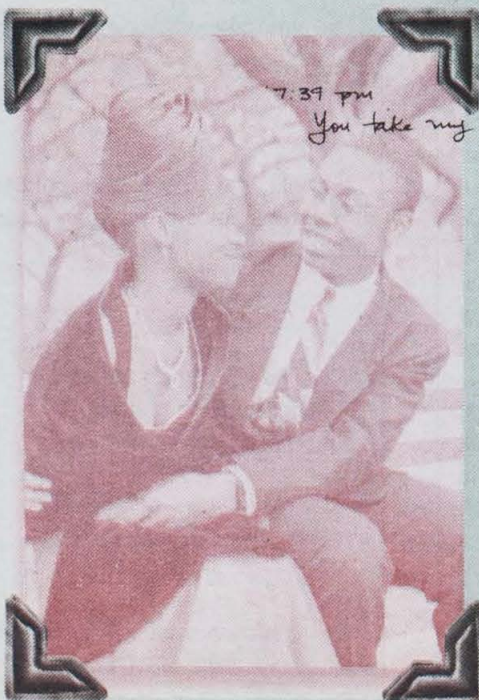
5:27 pm
Our dates! Wow, they are actually on time.



6:16 pm
Here we are showing off before prom.
Don't we look good!



7:30 pm
A perfect moment on a perfect day.



7:39 pm
You take my breath away.



7:42 pm
Finally, the first kiss of the night,
one of many to come.



8:01 pm
There's a thin line between being
fashionably late and missing it
entirely.

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